



★ ALL STARS ★

# HEALTH HABITS!



Listen to Abidemi's tips and select the options below that you consider correct:



**1** Abidemi gives us tips for when we get...

- a) a cold**
- b) a temperature**
- c) the flu**



**2** She says that she usually...

- a) goes to the doctor's**
- b) doesn't go to the doctors**

**3** She says that she prefers...

- a) taking medicines**
- b) healing naturally**
- c) taking care of herself**

**4** The first tip she gives is...

- a) sleeping more**
- b) staying awake**
- c) taking pills**

**5** She eats more to get more...

- a) nutrients**
- b) energy**
- c) happiness**

**6** She says that she consumes more...

- a) coffee**
- b) green tea**
- c) water**



**7** Another fluid she consumes a lot is...

- a) beer**
- b) orange juice**
- c) soda**

**8** To jump start her immune system she consumes more...

- a) sweet food**
- b) salty food**
- c) spicy food**

## YOUR TURN!



Read Abidemi's video script and write your own tips for a cold. Use the script as a guide.

*My name is Abidemi and I'm Nigerian. The question is what do you do for a cold? When I get a cold, I usually don't go to the doctor's or take medicine because I think it's healthier to try to have my body heal me naturally, so as much as possible, I try to sleep more. I also try to eat more, so I can get the nutrients that my body needs. I drink lots of water or fluids in general, and especially juice. I drink a lot of orange juice or just oranges and lemons, to help rid my body of the cold, and I also try to eat spicy food to jump start my immune system.*

## WHAT DO YOU DO FOR A COLD?

